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Chocolate Quinoa Protein Energy Bars

(Recipe adapted from www.nomeatathlete.com)

12 servings

173 Cal, 19.6g Carbs, 8.1g Fat, 5.1g Pro

(using the following stir-ins: ¼ cup semi-sweet chocolate mini chip, ¼ cup unsweetened shredded coconut, & ½ cup chopped walnuts)

- ¾ cup dry quinoa, or about 2 cups cooked
 - ½ cup dates, pitted
 - 3 Tbsp agave nectar
 - 2 Tbsp vegetable oil
 - 2 Tbsp ground flaxseed
 - ½ tsp almond extract
 - ¼ tsp salt
 - ½ cup chocolate protein powder
 - ½ cup whole wheat flour
 - ¾ cup stir-ins like dry fruit, nuts, shredded coconut, or chocolate chips (half chocolate chips and half coconut used for nutritional details)
1. Preheat oven to 350 degrees. Spray a 8x8 baking dish lightly with baking spray.
 2. Rinse the dry quinoa in cold water, then let sit in a bowl of water for 10 minutes. In the meantime, bring 1 cup of water to boil. Drain the quinoa and add to the boiling water. Cover, and reduce heat to simmer for about 12 minutes. Let cool enough to handle.
 3. In the bowl of a food processor, combine the cooked quinoa, dates, agave nectar, vegetable oil, flaxseed, almond extract, and salt. Process until relatively smooth (the quinoa is so small, it stay slightly lumpy).
 4. In a small bowl, stir together the protein powder, flour, and stir-ins. Fold this dry mixture into wet mixture with a spatula. The dough is very thick, like cookie dough, so use the spatula to press into prepared pan evenly.

5. Bake for about 22-25 minutes, until firm. Let cool, then slice into a dozen bars. Store in an airtight container for up to a week, or freeze for up to 3 months.